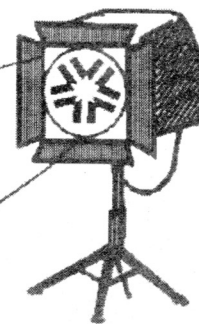


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XX, ISSUE 11

A newsletter for D.C. Seniors

November 2005

Celebrating Older Washingtonians and 30 years of the Office on Aging

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Oh to live a long life and to live it well. This is my quest and that of everyone I know. The gift of longevity is within our reach if we are focused, disciplined and practice healthy lifestyles; seek early detection of disease; and prevent accidents and injuries from smoke and fires. Every year, more than 1,200 senior citizens die in fires across the country. Last year, we lost five elders in the District of Columbia. Many of these fire deaths could have been prevented. Please read and heed the fire safety tips in this issue. Our centenarians are living witnesses of the gift of longevity and have much to say about living long and living well. While some are independent still, most of them are the beneficiaries of assistance and support from unpaid informal family and/or paid professional caregivers. Caregiver support services for our District of Columbia residents are listed.

Mayor Anthony A. Williams will host Citizen Summit IV — Lifting All Communities. As in past years, older Washingtonians are urged to attend and voice their support for a livable and inclusive community that provides health access, housing, employment and opportunity for older citizens, who are the keepers of history, traditions, values, children, grandchildren and the community at large. Be at the Citizen Summit and help lift all communities on Saturday, November 19, 2005. I'll meet you there.

Centenarian Tips for Living Long and Well

1. Take a baby aspirin a day.
2. Prayer and the grace of God.
3. Staying close to the Lord, being nice to people and keeping a good heart and attitude.

See a complete list of D.C. Centenarians on page 53.

Honoring D.C. Centennarians

Photos from this year's Annual Centennarians Banquet

Henrietta Davis, 105. The eldest Centenarian present cuts the cake with City Administrator Robert Bobb, First Mother Virginia Hayes E. Williams, Alethea Campbell, chairperson, D.C. Commission on Aging, and Ms. Senior D.C. Sandra Bears.



Goldia Shaw, 101



Helena Day Kirkland, 101



Bernetta Viola Carroll Smith, 100



Potomac River
Rascals barber
shop quartet



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

**Betsy Stanford, 102****Dorothy Calingaert, 100****Ella Kemp Bampfield, 100****Frances Banks, 102****Frederick Watts, 101****Beatrice Edwards, 102****Bessie Walker, 100****Helen Newberry McDowell, 102****Father James Martin, 103****Joseph Harvey, 101****Louisa Espinosa, 102****Lucie Bryant, 101****Mack Robinson, 102****Marie Buckner, 102****Marjorie Johnson, 101****Pearl Yancey, 103****Robert Thompson, 104****Rosa Fryes, 103****Sadie Scott, 105****Walter Ruth, 103**

D.C. OFFICE ON AGING NEWSLETTER

Winter Fire Safety

Last fiscal year, the District of Columbia had 16 fire fatalities, five of whom were seniors. Here are some tips to help keep all residents safe from fire.

Every Home Should Have at Least One Working Smoke Alarm

Buy a smoke alarm at any hardware or discount store. It's inexpensive protection for you and your family.

Install a smoke alarm on every level of your home. A working smoke alarm can double your chances of survival. Test it monthly, keep it free of dust, and replace the battery at least once a year.

Smoke alarms should be replaced after 10 years of service, or as recommended by the manufacturer.

Affordable Home Fire Safety Sprinklers

When home fire sprinklers are used with working smoke alarms, your chances of surviving a fire are greatly increased. Sprinklers are affordable - they can increase property value and lower insurance rates.

Prevent Electrical Fires

Never overload circuits or extension cords. Do not place cords and wires under rugs, over nails or in high traffic areas.

Immediately shut off and unplug appliances that sputter, spark or emit an unusual smell. Have them professionally repaired or replaced.

Use Appliances Wisely

When using appliances, follow the manufacturer's safety precautions. Overheating, unusual smells, shorts and sparks are all warning signs that appliances need to be shut off, then replaced or repaired.

Unplug appliances when not in use. Use safety caps to cover all unused outlets, especially if there are small children in the home.

Alternate Heaters

Portable heaters need their space. Keep anything combustible at least three feet away.

Keep fire in the fireplace. Use fire screens and have your chimney cleaned annually. The creosote buildup can ignite a chimney fire that could easily spread.

Kerosene heaters should be used only where approved by authorities. Never use gasoline or camp-stove fuel. Refuel outside and only after the heater has cooled.

Plan Your Escape

Practice an escape plan from every room in your house. Caution everyone to stay low to the floor when escaping from fire, and never to open doors that are hot to the touch.

Select a location where everyone can meet after escaping the house. Get out, then call for help.

Caring for Children

Children under five are naturally curious about fire. Many play with matches and lighters. Tragically, children set more than 20,000 house fires every year. Take the mystery out of fire play by teaching your children that fire is a tool, not a toy.

Caring for Older People

Every year more than 1,200 seniors die in fires. Many of these fire deaths could have been prevented. Seniors are especially vulnerable because many live alone and can't respond quickly.

Make sure your elderly relatives, neighbors and friends are aware of these fire safety tips. Also, you may call 202-727-1614 to schedule a fire safety inspection or help installing a smoke detector.

HEALTH NOTE: November is **National Alzheimer's Awareness Month**. Make sure your elderly person has been screened for dementia.

November is also **American Diabetes Month**. Watch your food and calorie intake and have your blood sugar level checked regularly.

January 1, 2006 is the deadline for choosing a drug plan as part of Medicare Part D coverage. Contact 202-739-0068 for more information.

Caregiver Assistance

The Office on Aging, through its Senior Service Network, offers many services that were specifically developed to support District residents who serve as primary, unpaid informal caregivers to Washingtonians 60 years of age or older. The federal National Family Caregiver Support Program, administered by the Administration on Aging, provided the Office on Aging with additional funding to expand support to caregivers. Caregiver support services and the organizations that provide these services are listed below.

Caregiver Assessment and Case Management

- Barney Senior Services202-939-9020 (Wards 1 and 4)
- Greater Washington Urban League . . .202-529-8701 (Wards 2, 5 and 8)
- Family and Child Services202-289-1510 x180 (city-wide)
- UPO Senior Services202-547-0569 (Ward 6)

Caregiver Education

- Home Care Partners202-638-2382
- D.C. Caregivers' Institute202-464-1513

The Institute serves as a one-stop, centralized resource for the District's unpaid caregivers and provides caregiver education, information, training, a telephone support group, case management and counseling services and "flex accounts" for caregiver participants. More information about the Institute and how to apply for its services is provided on the Institutes' website at www.dccaregivers.org. The DCCI is not a place to seek employment as a caregiver or as a placement agency for caregivers.

Respite and Supplemental Services

- Center Care Geriatric Day Care202-541-6150 and Day Treatment Program
- Department of Parks and Recreation 202-282-0748 Grandparents' Camp
- Downtown Cluster's Geriatric202-347-7527 Day Care Program

- Family and Child Services202-289-1510
- Weekend Alzheimer's Program
- Greater Washington Urban League202-529-8701
- Genevieve N. Johnson202-723-8537 Senior Day Care Program
- Home Care Partners202-638-2382
- IONA Adult Day Health Center202-895-0238
- SOME Caregivers' Program202-581-8000
- University of the District of Columbia . . .202-274-6697 Institute of Gerontology Respite Aide Program and Weekend Residential Respite Program
- UPO Project KEEN202-279-5820
- UPO Senor Services202-547-0569

Spring Cleaning

- Home Care Partners202-638-2382

Attend Citizen Summit IV — Lifting All Communities

Mayor Anthony A. Williams will host Citizen Summit IV on Saturday, November 19, from 8:30 a.m. to 4 p.m., at the Washington Convention Center. Mayor Williams will convene citizens, elected officials and community leaders to begin making the tough choices involved in determining the citywide policies and priorities of the District government on youth development, employment and economic opportunity, and affordable housing.

Over the past six years, Mayor Williams has engaged more than 10,000 citizens in this unique

planning process. As in past years, the daylong Citizen Summit - the largest town hall meeting in the United States - will significantly influence decisions on the District's annual spending priorities and legislative initiatives.

To register, mail the form below to Citizen Summit IV, P.O. Box 14288, Washington, DC 20004-4288. You may also fax your form to 202-724-8979, or register online at www.citizensummit.dc.gov.

District residents may call 202-727-2823 for more information. Translation and sign-language services will be available upon request.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents. Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

441 4th St., N.W., 9th Floor, Washington, D.C. 20001
202-724-5622 • www.dcoa.dc.gov

E. Veronica Pace, **Executive Director**
Darlene Nowlin, **Editor**
Adrian Reed, **Photographer**

The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

November events

6th • 11:30 a.m.
Take a breathing exercise class with Renee Wiggins, a certified fitness instructor with the United Planning Organization’s Weekend Nutrition Program. The United Planning Organization is located at 1649 Good Hope Rd., S.E. Call 202-373-1860 for more information.

10th and 17th • 10 a.m. to 2 p.m.
IONA Senior Services has arranged with Maxim Health Services to provide flu and pneumonia shots. Shots are covered if you have Medicare Part B and bring your card. The shots are for D.C. residents only. For more information, call IONA at 202-966-1055. IONA is located at 4125 Albemarle St., N.W.

11th • 11 a.m.
The Greater Washington Urban League, Division of Aging and Health Services, will host a seminar on Medicaid waivers at Ft. Lincoln I, 2855 Bladensburg Rd., N.E. Call Vivian Grayton at 202-529-8701 for more information.

12th • 12:30 p.m.
Registered dietician Evelyn Minor offers turkey cooking tips and information on food safety during the holidays at a program with the United Planning Organization’s Weekend Nutrition Program,1649 Good Hope Rd., S.E. Call 202-373-1860 for more information.

17th
Celebrate Thanksgiving and Family Day with the Greater Washington Urban League’s Division of Aging and Health nutrition centers in Wards 2, 5 and 8. To join the celebration, call Vivian Grayton at 202-529-8701 for locations and times.

18th • 10:30 a.m.
Join the Washington Seniors Wellness Center on a Christmas shopping trip to Potomac Mills Mall in Woodbridge, Va. For more information, contact Betty Hawkins at 202-581-9355.

21st • 11 a.m.
All members of the Phillip T. Johnson Senior Center since its inception are invited to join together for a traditional Thanksgiving dinner. The center is located at 3200 S St., S.E. For more information, contact Robynette Livingston at 202-584-4431.

26th • 12:30 p.m.
Learn all about safe snacks for diabetics at this United Planning Organization Weekend Nutrition Program, 1649 Good Hope Rd., S.E. Call 202-373-1860 for more information.

Early December event

1st • 1 to 2:30 p.m.
Dr. Gene Cohen, a leading researcher and author on aging, will lead a discussion on the problems and possibilities of aging in a program called “Making the Most of Your Senior Years.” Dr. Cohen will describe his insights into tapping creative potential as you grow older. The free program will take place at IONA Senior Services, 4125 Albemarle St., N.W. Call 202-966-1055 for more information.

Ongoing

Tuesdays • 12:45 to 1:45 p.m.
In the IONA class, “Mastering Your Arthritis,” learn safe and simple exercises designed to increase range of motion and strength and to relieve arthritis symptoms. The class runs from Nov. 1 to Dec. 13,

and the fee is \$70. It is held at IONA Senior Services, 4125 Albemarle St., N.W. Call 202-966-1055 for more information or to register.

Tuesdays • noon
Thursdays • noon and 3 p.m.
Take up T’ai Chi at the Washington Senior Wellness Center. Intermediate classes take place on Tuesdays at noon. Beginners are at noon on Thursdays, and advanced classes are Thursdays at 3 p.m. While the Wellness Center is undergoing renovations, activities take place at 3100 Denver St., S.E. Call 202-581-9355 for more information.

Tuesdays, Wednesdays and Thursdays • 8 to 9 a.m.
Join the Washington Senior Wellness Center’s Walking Club for an early-morning jaunt. While the Wellness Center is undergoing renovations, activities take place at 3100 Denver St., S.E. Call 202-581-9355 for more information.

Thursdays • 10:30 a.m. to noon
IONA’s Caregiver Support Group is open to all individuals providing primary care to a loved one suffering from chronic illness. The group is free, but donations are requested. The group meets at IONA Senior Services, 4125 Albemarle St., N.W. Call 202-895-9448 for more information.

Fridays • 9:30 a.m. and 10:30 a.m.
Get moving with line dancing at the Washington Senior Wellness Center every Friday. The beginner class is at 9:30 a.m., and the intermediate/advanced class is at 10:30 a.m. While the Wellness Center is undergoing renovations, activities take place at 3100 Denver St., S.E. Call 202-581-9355 for more information.

District of Columbia Centenarians

(Registered with Office on Aging as of September 28, 2005)

Centenarian	Date of Birth	Laura O. Genus	September 8, 1905	Martha Merritt	May 6, 1903	Emma B. Spies	March 17, 1901
Katie Ashley	February 2, 1905	Margaret Gignac	April 29, 1899	Ellie Misenheimer	June 8, 1904	Wenonah Staley	September 15, 1905
Ella Kemp Bampfield	June 29, 1905	Laura Gilliam	January 13, 1903	Howard Mitchell	August 11, 1903	Betsy Stanford	November 30, 1903
Frances Banks	February 8, 1903	Alice Eudora Hall	April 22, 1905	Avaline A. Morgan	July 28, 1905	Corinne Taylor	April 2, 1893
Virginia Biddle	April 5, 1904	Mary A. Hamilton	January 1, 1904	Winifred Murphy	June 3, 1905	Eva Taylor	September 3, 1904
Gretrude Bowman	December 14, 1904	Joseph Harvey	March 5, 1904	John Patterson	March 25, 1904	Beulah M. Thomas	October 24, 1902
Gladys Boyd	July 3, 1905	Clara Height	August 1, 1905	Louise Phillips	June 1, 1905	Margaret Thomas	September 19, 1905
James R. Brown	June 3, 1901	Annie Claire Hornaday	July 7, 1904	Mildred Pickens	February 22, 1904	Minnie Thomas	July 6, 1903
Lucie Elizabeth Bryant	Sept. 27, 1904	Hattie Hugh	May 22, 1904	Eula Ponton	October 15, 1901	Mildred Louise Thompson	Sept., 29 1904
Mary E. Buckner	February 3, 1903	Rose Hughes	January 12, 1903	Edward Powell	June 24, 1903	Robert D. Thompson	February 14, 1901
Marguerite Caldwell	September 17, 1903	Agnes Mae Jackson	August 15, 1903	Hattie Proctor	January 15, 1904	Tonsa Warner	April 20, 1902
Catherine Campbell	September 14, 1904	Delyour Johnson	September 20, 1903	Mary Rikard	July 26, 1902	Vernita Vass	August 29, 1904
Dorothy Calingaert	July 11, 1905	Gretrude Johnson	August 16, 1903	Lottie G. Roberts	May 22, 1905	Bessie Walker	June 6, 1905
Luvenia Craig	August 9, 1901	Marjorie Johnson	September 18, 1904	Macke Robinson	January 3, 1903	Marie Walker	March 3, 1905
Mary Cronin	August 19, 1903	Helena D. Kirkland	March 9, 1904	Walter Ruth	September 6, 1902	Annie Ethel Waters	August 28, 1897
Henrietta Davis	January 3, 1900	Amanda Lewis	June 1, 1903	Sadie Gilbert Scott	September 13, 1900	Frederick Watts	January 16, 1904
Eva Eden	September 13, 1904	Lillie Lindsay	June 7, 1904	Goldia Shaw	September 18, 1904	Benjamin Wilson	October 1, 1904
Beatrice Edwards	March 29, 1903	Mamie Logan	December 12, 1897	Della Waddy Simmons	March, 8, 1904	Edna Worrell	September 2, 1905
Louisa Espinosa	June 21, 1903	Thomasa Marquina	September 8, 1904	Annie Smith	December, 24 1904	Jeanetta Wright	July 28, 1904
Sadie Floyd	January 1, 1905	Father James Martin	August 30, 1902	Bernetta V. Carroll Smith	August 24, 1905	Pearl Yancey	February 4, 1902
Rosa Fryes	April 4, 1902	Bertha McMurdock	October 8, 1903	Elizabeth Smith	September 14, 1904	Joseph L. Younger	November 5, 1903
		Helen N. McDowell	September 27, 1903	Wesley Speller	February 2, 1899		